

SEPTEMBER 2019

LE MARS COMMUNITY SCHOOL

MILK CHOICE: 1% AND SKIM
CHOICE OF CEREAL AND JUICE
FRESH FRUIT MAY VARY DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
2 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK	3 CEREAL, TOAST JUICE, FRESH FRUIT WITH MILK	4 CEREAL, MINI DONUT JUICE, FRESH FRUIT WITH MILK	5 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	6 CEREAL, FRENCH TOAST JUICE, FRESH FRUIT WITH MILK
9 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK	10 CEREAL, TOAST JUICE, FRESH FRUIT WITH MILK	11 CEREAL OR BANANA CHOC. CHIP SNACK BREAD JUICE, FRESH FRUIT WITH MILK	12 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	13 CEREAL, PANCAKES JUICE, FRESH FRUIT WITH MILK
16 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK	17 CEREAL, TOAST JUICE, FRESH FRUIT WITH MILK	18 CEREAL, YOGURT JUICE, FRESH FRUIT WITH MILK	19 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	20 CEREAL OR WAFFLES JUICE AND FRESH FRUIT WITH MILK
23 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK	24 CEREAL, TOAST JUICE, FRESH FRUIT WITH MILK	25 CEREAL OR APPLE FRUDEL JUICE, FRESH FRUIT WITH MILK	26 CEREAL, MUFFIN JUICE, FRESH FRUIT WITH MILK	27 CEREAL, FRENCH TOAST JUICE, FRESH FRUIT WITH MILK
30 CEREAL, POPTART JUICE, FRESH FRUIT WITH MILK				

